



BEACH AND WATER SAFETY

San Diego Police Department

August 18, 2015

In an effort to avoid tragic accidents, San Diego lifeguards ask anyone coming to the beaches and coastal areas to follow these safety tips:

- Learn to swim, take formal lessons.
- Follow regulations and lifeguard directions.
- Never turn your back to the ocean, you may be swept from tide-pool areas by waves that can come without warning.
- Swim near a lifeguard.
- Never swim alone.
- Don't swim while under the influence of illicit drugs, medications that may cause impairment, or alcohol.
- Call or wave for help if you are in trouble.
- Swim parallel to shore if you plan to swim long distances.
- If caught in a rip current, swim sideways until free of the current. Don't swim against the pull of the current.
- Protect your head, neck and spine -- don't dive into unfamiliar waters -- feet first, first time.
- Scuba dive only if trained and certified, and stay within the limits of your experience and training.
- Report hazardous conditions to lifeguards or other beach management personnel.
- Stay clear of coastal bluffs as they can collapse and cause injury.
- Take water safety, CPR, and first-aid classes so you can keep your children safe in the water.
- Teach your children water safety.
- Supervise children closely, even when lifeguards are present. Be alert. Don't read or text when watching them.
- Don't leave your children under the supervision of another child.
- Keep children within an arm's reach if they can't swim.
- Don't rely on flotation devices, such as rafts or inner-tubes. Even jackets approved by the US Coast Guard are not a substitute for swimming ability.
- Wear a life jacket when boating.